

## Historic, archived document

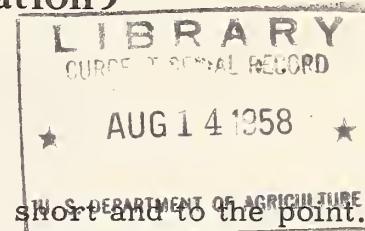
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# BUILDING BETTER TYPE A SCHOOL LUNCHES

## (A Flannelgraph Presentation)



The presentation of this visual aid should be short and to the point.

The visual can serve as an "attention-getter" for an introduction to a menu-planning session, or for any session where the Type A School Lunch Requirements are to be reviewed. For example, it may be used effectively at school lunch workshops or before such groups as administrators, teachers, parents, or students. After the initial presentation, the "A" can be left on the board to be referred to from time to time throughout the remainder of the workshop session or meeting.

The exact way in which to present the "A" is entirely up to you -- your imagination, originality, and audience. Its possibilities are unlimited. Therefore, the suggestions given herein for assembling the parts of the "A" and for making the presentation should be adapted to fit the needs of each specific situation.

### THE TYPE A SCHOOL LUNCH PATTERN

#### INTRODUCTION:

The introduction might include:

1. The dual purposes of the National School Lunch Act.
2. The purpose of the Type A Lunch pattern and its relation to the purposes of the Act.

U. S. DEPARTMENT OF AGRICULTURE  
AGRICULTURAL MARKETING SERVICE

3. The materials issued by USDA to assist school lunch workers in achieving the purposes of the Act:

Planning Type A School Lunches (PA-264)

Food Buying Guide for Type A School Lunches (PA-270)

Recipes--Type A School Lunches (PA-271)

4. The importance of using these publications as guides for planning and preparing good Type A School Lunches.

## ORDER OF ASSEMBLING THE PARTS

PROTEIN-RICH FOODS: - The foundation of a Type A Lunch

Put up Part 1 - Mention each food illustrated and indicate size of serving required, i.e., 2 oz. cooked lean meat, fish, etc.

Put up Part 2 - "or"

Put up Part 3 - Mention each food illustrated and the size of servings required.

Other Points to Stress:

Only the protein-rich foods listed in the Pattern and used in the main dish, or in the main dish and one other menu item, can be counted toward meeting this requirement.

Protein provided by these foods is needed in addition to the small amounts found in other foods in the lunch.

Nutrients provided by protein-rich foods and why they are needed in the child's diet.

VEGETABLES AND FRUITS:

Put up Part 4 - Mention a number of different vegetables. Be sure to include green, leafy, yellow, and starchy. Indicate those rich in vitamin A and vitamin C.

Put up Part 5 - Mention a number of different fruits. Be sure to stress those rich in vitamin A and vitamin C.

Put up Part 6 - Stress the importance of meeting this requirement by serving two vegetables or two fruits or a combination of vegetables and fruits which total  $3/4$  cup. Indicate different ways in which this might be done, i.e.,  $1/4$  cup of each of two vegetables, plus  $1/4$  cup fruit; or  $1/4$  cup of one vegetable plus  $1/2$  cup of another vegetable or fruit, etc.

Other Points to Stress:

Raw or cooked fruits and vegetables (fresh, canned, dried, or frozen) may be used to meet this requirement.

The requirement is stated in terms of volume (3/4 cup).

Stress importance of serving a vitamin A-rich food at least twice a week; a vitamin C-rich food daily, and "other" fruits and vegetables as needed to meet the 3/4 cup requirement.

Emphasize why these foods are needed in the child's diet.

BREAD:

Put up Part 7 - 1 slice of bread or 1 serving of hot breads (muffins, rolls, etc.) may be used to meet this requirement.

Serving of hot breads should be the equivalent of 1 slice of loaf bread.

Stress the fact that, to meet this requirement, bread must be made from enriched or whole-grain meal or flour.

Other Points to Stress:

Mention different kinds of bread that can be served (whole-wheat, corn bread, raisin, rye, etc.).

Nutrients provided by bread and why they are needed in the child's diet.

BUTTER OR MARGARINE:

Put up Part 8 - 2 teaspoons of butter or margarine are needed to meet this requirement. Margarine must be fortified (15,000 I.U. vitamin A).

May be used as spread on bread, as a seasoning, or in preparation of other foods in the lunch.

Other Points to Stress:

Nutrients provided by butter and margarine and why they are needed in the child's diet.

MILK:

Put up Part 9 - 1/2 pint of fluid whole milk as a beverage is needed to meet this requirement.

Milk must meet the minimum butterfat and sanitation requirement of State and local laws.

### Other Points To Stress:

In addition to whole milk as a beverage, it is desirable to use milk frequently in cooking.

Nutrients provided by milk and why they are needed in the child's diet.

### CONCLUSION:

The Type A Pattern is based on one-third of the daily dietary allowances recommended by the National Research Council for 10- to 12-year old children. When lunches are properly planned around the five food groups of the Pattern, the nutritional needs of young children (12 years and under) will be met. To meet the needs of older children, it is important to serve larger portions or seconds of main dish items and other foods in the lunch.

Each part that goes into the makeup of the "A" serves a definite purpose. Take away any part and the "A" is not complete. All parts are needed for a well-balanced Type A Lunch.

Put up Parts 10 - When lunches planned to meet the and 11 Type A requirements are prepared and served in an appetizing manner, boys and girls (such as these) will eat and enjoy them, and the dual purposes of the National School Lunch Act will be achieved.

HOW TO ASSEMBLE THE "A"

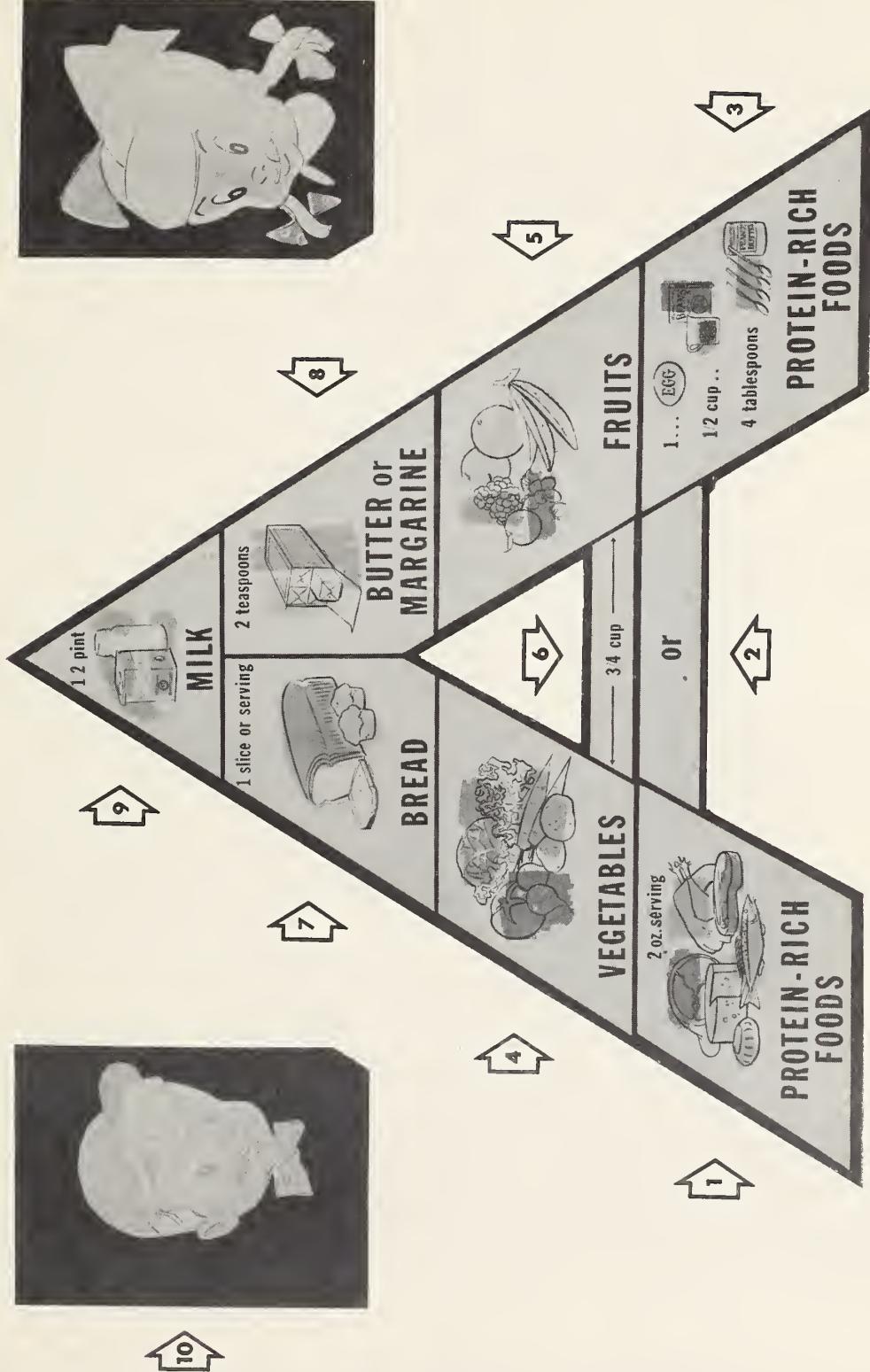


Illustration A. --The arrowed numbers indicate the order of placement of the various parts to form the complete A.

## HOW TO CUT AND APPLY BACKING MATERIAL TO THE TYPE A FLANNELGRAPH

The enclosed sheet of backing material is self-adhesive and requires no glue. Do not remove protective backing until ready to apply.

### How to Cut Backing Material:

1. Cut sheet of backing material into 16 strips, each 6" by 1-1/2".
2. Cut 4 pieces 1/2" wide from one of the 6" strips.
3. Cut one 5" piece.
4. Cut two of the 6" strips in half.

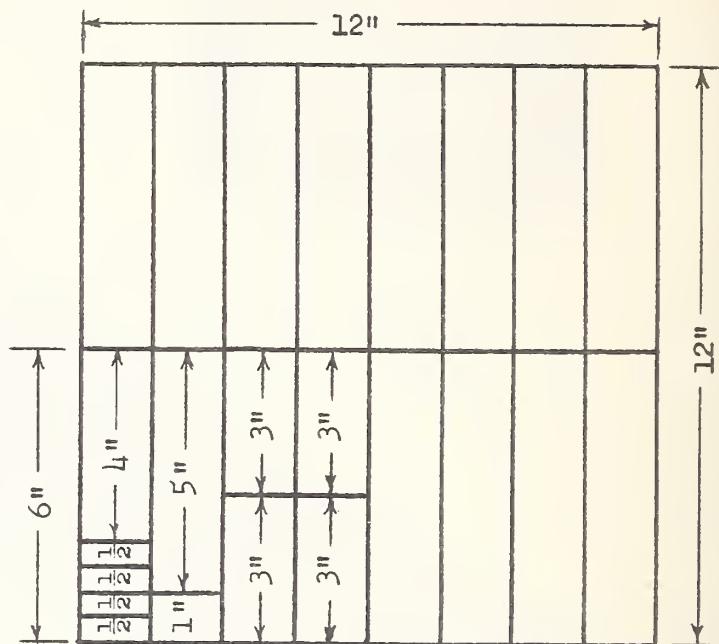


ILLUSTRATION B--HOW TO CUT BACKING MATERIAL.

### How to Apply Backing Material:

1. Use two 6" strips on each of the following parts: 1, 3, 4, 5, 7, and 8.
2. Use the 5" piece for part 9.
3. Use two 3" strips on each of the following parts: 10 and 11.
4. Use the 4" piece on part 2.
5. Use the four 1/2" strips on part 6.

Note: To identify parts, see Illustrations A and C. Cut out pictures of the boy and girl (parts 10 and 11), if desired.

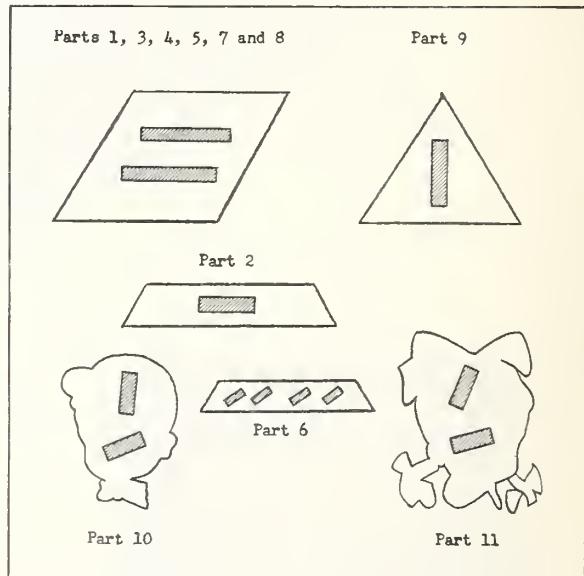


ILLUSTRATION C--HOW TO APPLY BACKING MATERIAL.



